

Program & Events December 2011

This Month's Features:

- A Christmas Open House at the Senior Centre
- Lunch Outing at Palais Royale
- Toronto All-Star Big Band at the St. Lawrence Centre

...And much more !

See Inside For Details

Contact Information

Lois - Senior Centre Supervisor 416-467-1166

Brenda - Vacation Plus Program: 416-422-2030

Jane – Interim Wellness Program Manager: 416-422-2026

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December is National Safe Driving Week

Winter driving can sometimes be an intimidating task, especially when conditions are snowy or icy. Follow these steps to keep yourself safe and collision free during the next few winter months.

1. Make sure that your vehicle is prepared for winter driving: keep a snow brush/scrapper in your car, along with emergency items, such as a lightweight shovel, battery jumper cables, and a flashlight.
2. Accelerate and brake slowly.
3. Don't tailgate: be sure to leave enough room between your vehicle and the one in front of you.
4. See and be seen; always drive with headlights on.
5. Drop your speed to match road conditions; the posted speed is the maximum. Lowering your speed in poor conditions is ideal.

Source: Canada Safety Council, 2011

Contact Information

Lois – Senior Centre Supervisor: 416-467-1166

Brenda - Vacation Plus: 416-422-2030

Jane - Interim Wellness Program Manager: 416-422-2026



Fitness & Dance



To register for a Fitness or Dance class, please call 416-467-1166
Or sign up at the Senior Centre

Yoga

Yoga is probably the world's most perfect form of exercise. It cultivates cardiovascular health, strength and flexibility. It encourages the body's capacity to relax and helps reduce the negative effects of stress.

Date: Fridays | **Time:** 9:30 a.m. – 11:00 p.m.
Cost: \$75 for 10 classes | **Instructor:** Annabelle Ramsook



*** Please note that the 1.5 hour classes in the fall and spring will begin at 9:30 a.m. and classes in the winter will begin at 10:00 a.m. ***

*** Please note the last Yoga class is on Friday, December 2***



Dining Programs



To register for a Dining Program, please call 416-467-1166
OR sign up at the Senior Centre

Community Care East York is committed to helping Planet Earth Age Well.

To help us achieve this, we ask that you bring your own mug for coffee or tea to all programs and a plate and mug to Monday Lunch Bunch.

Diner's Club

Enjoy food, fun, and friendship. We do the preparing, serving, and clean up, while you enjoy your lunch and a program with friends once a month at the Diner's club. Registration is required. Last day for booking or cancellations is Monday, December 12. Cancellations after this date will require full payment. Transportation may be available if you require it. This is a partnership program with East York Meals on Wheels. This month enjoy the music and fun of Tom Hocking.

Date: Wednesday, December 14 | **Time:** 12:00 p.m. to 2:00 p.m.
Cost: \$7.40 (please make cheques payable to East York Meals on Wheels)
*** Please note the change of date for December only***

Monday Lunch Bunch (MLB)

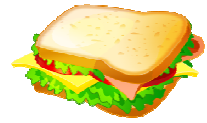
Enjoy a sing-song of "golden oldies" before a delicious sandwich lunch followed by cookies, tea or coffee. After lunch, stay for an interesting program each week. We have special presentations, educational sessions, entertainers and much more! Preregistration is generally not required.

Date: Every Monday | **Cost:** \$3 (Or \$1 for the program only, which does not include lunch)

Time: Singsong & Lunch – 11:00 a.m. Program – 12:45 p.m.

Transportation is available. Please contact The Transportation Coordinator at 416-422-2026 ext. 259

Here is what's on for December:



Monday, December 5 – Annual Christmas Lunch and Party



11:30 a.m. Christmas Carols with Bruce King
12:00 p.m. Delicious buffet turkey dinner with all the trimmings
1:30 p.m. Sit back and enjoy the music of Robert Yeretch

Cost: \$21.00 (Prepaid ticket only)

Please bring some “Loonies” for Charity (The East York Women’s Shelter, or Touchstone Youth Centre) or a non-perishable food item for the food bank.

All members of the Senior Centre and Vacation Plus are invited to attend the Annual Christmas Lunch, but tickets are limited. Starting on Monday, November 7th, you may book in person or by phone. Payment by cheque as soon as possible would be appreciated.

Please note: Please bring your own cutlery. We will provide cups and plates.

Things to Remember:

1. Your Ticket.
2. Loonies for Charity or a non-perishable food item.
3. Your cutlery.
4. Book your transportation.

Monday, December 12 – For our last Monday Lunch Bunch of the year we are pleased to welcome back one of our favourite entertainers and poets, Lillian Bosy.

Monday, December 19 – The Senior Centre is closed.

Monday, December 26 – The Senior centre is closed.



Clinics / Support Groups

**To register for a clinic or support group, please call 416-467-1166
OR sign up at the Senior Centre**

Foot Care Clinic

Professional foot care for your feet is important to maintain mobility and a healthy lifestyle. The clinic is staffed by a registered nurse with a specialized foot care certification. Treatment for minor foot problems, such as corns and calluses, and cutting of toenails is available.

Dates: Tuesday, December 6, 13
Wednesday, December 14

| **Time:** 9:30 a.m. – 12:00 p.m.
| **Time:** 12:30 p.m. - 3:30 p.m.

Please book an appointment | Cost: \$21 per visit





Recreation & Leisure



To register for an activity, please call 416-467-1166
Or sign up at the Senior Centre

Book Group

The December meeting of the Book Group will take place over lunch at Jawney Baker's Restaurant. Everyone is welcome. Please sign up so Pat knows how many seats to reserve.



Date: Tuesday, December 13 | **Time:** 12:00 p.m. | **Facilitator:** Pat Poitras
Cost: Program is free, but pay as you go lunch.

Location: Jawney Baker's Restaurant, 804 O'Connor Drive

Directions: From the Coxwell Subway station take Bus# 70 to St. Clair Ave. and O'Connor Drive.

Bridge

Join us for an afternoon of kitchen table bridge. All are welcome.

Date: Fridays | **Time:** 1:00 p.m. – 3:30 p.m. | **Facilitator:** Jo Croft | **Cost:** \$1

Carpet Bowling

Calling all carpet bowlers! Come and enjoy a morning with friends for a few fun matches. Newcomers are welcome and we will show you how to play.



Date: Thursdays | **Time:** 10:00 a.m. – 12:00 p.m. | **Cost:** \$.50 per visit

Crafts

Bring out your creative side in a general craft group which emphasizes doing practical projects.

Date: Thursdays | **Time:** 10:00 a.m. – 12:00 p.m.

Cost: \$24 for 8 classes | **Instructor:** Mary Peck

*** Please note the last craft class of the Fall Session is on Thursday, December 1st at 10:30 a.m.

Euchre

Come and enjoy a couple of rounds of cards with friends. Newcomers are welcome.

Date: Thursdays | **Time:** 12:45 p.m. – 3:00 p.m. | **Cost:** \$1 per visit



Knitting Bee

Bring your knitting or other handiwork for a delightful social afternoon. Wool, needles, and patterns are available to knit items for our sales. At home knitters are needed as well.

Date: Thursdays | **Time:** 1:30 p.m. – 3:30 p.m.
Leader: Iza Murray



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Let's Discuss It

Share your news and views over coffee, tea, and cookies. Bring your sense of humour!

Date: Fridays | **Time:** 10:30 a.m. – 12:00 p.m. | **Cost:** \$.50 per visit
Facilitator: Robert Brathwaite

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Men's Group

Join us for our annual Festive Brunch. Have a delicious meal with your friends and a time of music and laughter. All men are welcome, but please call to register.

Date: Wednesday, December 7 | **Time:** 9:30 a.m. – 11:30 a.m. | **Cost:** \$5

 **Senior Centre Special Events** 

**To register for a Special Event, please call
416-467-1166 (Senior Centre) OR sign up at the Senior Centre**

Financial Wellness for Men and Women

Book Now at the Senior Centre

This is the third session in the six-part monthly series on Financial Wellness for Men and Women. This month, the topic is: "Financial and Estate Planning." A presentation will be given by Inayet Sharif from Sunlife Assurance Company who will also touch on Long Term Care issues.

Date: Friday, December 2 | **Time:** 1:30 p.m. | **Cost:** Free
Location: Senior Centre, 1108 Greenwood Ave.
Facilitator for the series: Penny Fortais, BScN, Nursing Educator



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A Christmas Open House at the Senior Centre

Book Now at the

Senior Centre

We invite everyone to join us for a cup of Christmas cheer and one of Mary Peck's famous mince meat tarts and other seasonal goodies at the Senior Centre. This is a wonderful time of the year to connect with old friends and meet new friends before the holiday season. Bruce King will add to the celebration by entertaining us on the piano.

Date: Friday, December 9 | **Time:** Any time from 1:30 p.m. – 3:00 p.m.
Cost: Free
Location: Senior Centre, 1108 Greenwood Ave.





Trips & Outings



To register for a Trip or Outing, please call Vacation Plus at 416-422-2030

Trip and Outing Policies:

Once you have signed up for a trip or outing, please send in your cheque to complete your booking. We cannot complete your booking until we receive payment. Community Care East York reserves the right to cancel your booking if we do not receive payment.

Cancellation of an event booking will be accepted up to **5 business days** prior to the scheduled activity unless otherwise noted. **No refunds** will be issued for participants who do not cancel 5 business days prior to the scheduled activity or do not attend the activity. No refunds will be issued for prepaid ticketed events at anytime. If you are unable to attend a trip, you are responsible for the re-sale of your ticket.

St. Lawrence Market Gallery: “Meet Me at the Market” and Lunch Outing at Spring Rolls

Book On November 19 with Vacation Plus

We will visit the St. Lawrence Market Gallery featuring Meet Me at the Market. The exhibition outlines the Market's food history at an exhibition of photographs, maps, art, and artifacts highlighting the history of the St. Lawrence Market and neighbourhood — a food and shopping destination for over 200 years. Other topics featured in the exhibition include, food production, Victory Gardens, and community gardening. After the tour we will go to Spring Rolls for a **Pay-As-You-Go** lunch.

Date: Thursday, December 1 | **Cost:** Gallery: Free Lunch: **Pay-As-You-Go**

Time: 10:30 p.m.

Location: The St. Lawrence Market Gallery, 2nd Floor, South St. Lawrence Market entrance, 92 Front St East

Directions: From the King Subway (Yonge and King) take the streetcar east to Jarvis St. Walk one block south to the South St. Lawrence Market (Jarvis and Front) entrance.

Or, take the subway to Union Station (Bay/Front) and walk east along Front St. to the South St. Lawrence Market (Jarvis and Front) entrance.

Enter building through the main double doors on Front St.; from the lobby take the elevator to the second floor.



Christkindl Market German Christmas with Mary Morton Tours

Book Now with Vacation Plus

We start the day off at the fabulous Christkindl Market in Kitchener, a traditional pre-Christmas German Marketplace. Christkindl Markets are world renowned for their special ceremonies, festivities, entertainment and outstanding selections of gifts and delectable foods. We will then have a turkey lunch at Marian's Country Cupboard in Hawkesville. After lunch, a local guide will join us for a tour around Kitchener, and we'll hear stories of the German influence in the K-W region. We will then tour the National Historic Site Castle Kilbride in Braden, a restored mansion built by Canada's

flax mill king and a former MP, James Livingston; it will be lavishly decorated this time of year for the holiday season.

Date: Friday, December 2 | **Cost:** \$85 (**Prepay by cheque, no cancellations**)

Departure: 8:30 a.m. – Coffee Zone, 30 Carleton St.

9:00 a.m. – Islington Subway Station – At the northeast corner of Bloor and Islington Ave, at the subway station's street level entrance on the east side of Islington Ave.

Return: Approximately 6:30 p.m.

Location: Kitchener, ON



Lunch Outing: The Palais Royale Book On November 19 with Vacation Plus

Join us for a buffet luncheon prepared by Chef Steffan Howard and his team. Nothing fancy, just offering the beauty of the Palais Royale and the beauty of Ontario cooking to you. Palais Royale is asking for a **minimum donation of \$15**, all proceeds will go to three of their favourite charities: Hellenic Hope Centre, Carmelina's Home, and Join the Dance Canada.

Date: Wednesday, December 7

Cost: \$15 (suggested donation) please bring a donation to the outing.

Time: 12:00 p.m.

Location: The Palais Royale, 1601 Lake Shore Blvd West

Directions: From Bloor subway line, get off at Dundas West station, take the 504 streetcar, which will head south on Roncesvalles, then get off at the intersection of Roncesvalles, King, and Queen and walk south across the footbridge.



'Wizard of Oz' at the St. Jacobs Country Playhouse with Mary Morton

Tours

Book Now with Vacation Plus

We'll start the day off with a visit to Picard Peanuts in St. Jacob's for sampling and be sure to purchase a few of your favorites to enjoy later. Lunch will be at Marian's Country Cupboard where you'll enjoy an entrée of Roast Beef. At 2:00 p.m. it's showtime at the St. Jacob's Country Playhouse for The Wizard of Oz – A family musical. Click your heels together and join Scarecrow, Tin Man, Lion, Dorothy, and her little dog Toto, as they journey through the magical land of Oz to meet the Wizard and obtain their heart's desires.



Date: Wednesday, December 7 | **Cost:** \$111 (**Prepay by cheque, no cancellations**)

Departure: 8:30 a.m. – Coffee Zone, 30 Carleton St.

9:00 a.m. – Islington Subway Station – At the northeast corner of Bloor and Islington Ave, at the subway's station's street level entrance on the east side of Islington Ave.

Return: Approximately 6:30 p.m.

Location: St. Jacobs, ON

Breakfast Outing: Golden Griddle Book On November 19 with Vacation Plus

Golden Griddle Family restaurants were established in 1964. They are known for their excellent quality of food, good service, and their reasonable prices. Join us for the breakfast/brunch buffet, which includes, eggs, pancakes, fresh fruit, bacon, and sausage just to name a few selections, and of course coffee and tea.



Date: Friday, December 9 | **Cost:** \$16 | **Time:** 10:30 p.m.

Location: Golden Griddle, 146 Laird Drive

Directions: From the Donlands subway station, take the #56 Leaside bus towards Eglington station. Exit at Laird Drive at Commercial Road Farside, walk south on Laird Dr.

Toronto All-Star Big Band at the St. Lawrence Centre for the Arts

Book On November 19 with Vacation Plus

One of the most exciting bands around, The Toronto All-Star Big Band revives the spirit, style, and sound of the 1930's and 40's, the golden age of big bands. Join us for a swinging holiday revue fashioned in the tradition of the classic "Christmas Show" of yesteryear.

Date: Saturday, December 10 | **Cost:** \$41 | **Time:** 2:00 p.m.

Location: St. Lawrence Centre for the Arts, 27 Front St East

Directions: From the King subway station, exit and walk east on King St, turn right at Victoria St, go straight on Scott St, and make a left at Front St.

The Toronto Mass Choir at Roy Thomson Hall

Book On November 19 with Vacation Plus

The Toronto Mass Choir (TMC) continues to be on the cutting edge of the Canadian gospel music scene bringing their distinct gospel sound to the world stage. TMC's music incorporates contemporary gospel, traditional gospel, and Caribbean music influences. Join us for this free concert



Date: Tuesday, December 13 | **Cost:** Free (Space is limited)

Time: 12:00 p.m. concert begins; please arrive at **11:30 a.m.** for seating purposes

Location: Roy Thomson Hall, 60 Simcoe St

Directions: From the St. Andrew subway station, exit and walk west on King St West, turn left at Simcoe St.

Member's Annual Holiday Lunch at The Hot House Café

Book On November 19 with Vacation Plus

We are returning to The Hot House Café for their wonderful Holiday Lunch. We are looking forward to celebrating this joyous time of year with our friends from Vacation Plus and the Senior Centre. Come out to enjoy good food, and the great company of new and old friends. Mark your calendar now for this special event. A choice of entrees will be offered and prepared fresh when you order.

Date: Thursday, December 15 | **Cost:** \$36 | **Time:** 12:00 p.m.

Location: Hot House Café, 35 Church Street, North East corner of Front and Church



Directions: From King Subway, transfer to 504 King streetcar eastbound one stop to Church. Walk south to Front Street.

Rocky Mountain Express at the Ontario Science Centre

Book On November 19 with Vacation Plus

Journey on a steam train through the Canadian Rockies for a ride of a lifetime! Re-live the remarkable age of steam, discover locomotive 2816, and retrace the original route the Canadian Pacific Railway carved out of the wilderness more than a century ago. Embark on a picturesque adventure through towering snow-peaked mountains, roaring river gorges, and a daunting vertical landscape, showing the beauty of the true golden age of rail transportation.

Date: Tuesday, December 20 | **Cost:** \$9 | **Time:** 2:00 p.m. movie begins, please arrive by 1:45 p.m.

Location: Ontario Science Centre, 770 Don Mills Road

Directions: From Pape subway station, transfer to the Don Mills #25 bus. Get off at St. Dennis Drive, right in front of the Science Centre



Upcoming Trips



Niagara Ice Tour with Mary Morton Tours

Our first stop of the day will be at Kittling Ridge for a wine tasting. Lunch will be at Elements On The Falls, where you will have a stunning view of Niagara Falls, and you may choose your entrée there. Afterwards, we will enjoy a relaxing drive along the Falls, be sure to bring your camera! Our final stop of the day will be at the Butterfly Conservatory, which features 2000 exotic butterfly species from around the world. It is sure to be an uplifting experience.

Date: Wednesday, January 25 | **Cost:** \$87 (**Prepay by cheque, no cancellations**)

Departure: 9:00 a.m. – Coffee Zone, 30 Carleton Street

9:30 a.m. – Islington Subway Station – At the northeast corner of Bloor and Islington Ave, at the subway's station's street level entrance on the east side of Islington Ave.

Return: Approximately 6:00 p.m.

Location: Niagara Falls, ON



For Your Information: What's On in Toronto

December FYIs

One of a Kind Christmas Show & Sale

This sale showcases brilliant creations of over 800 artisans, artists, and designers from North America. The 2011 One of a Kind Christmas Show is your destination to uncover dazzling gift ideas in art, furniture, fashion, home decor, toys, food and more. Just in time for the holiday season!

Date: Thursday, November 24 to Sunday, December 4

Time: Weekdays and Saturdays 10:00 a.m. - 9:00 p.m., Sunday 10:00 a.m. - 6:00 p.m.

Location: 100 Princes' Blvd, Direct Energy Centre, Exhibition Place | **Cost:** \$7 Senior (65+)

For More Information: Please visit the website www.oneofakindshow.com or call 416-960-6287

Toronto Christmas Market

Inspired by the Old World and influenced by the New, this free annual event captures all of the tradition, heritage, and charm of a European Christmas Market, while showcasing hundreds of unique and local handcrafted products. Family friendly entertainment includes musicians, carolers, and children's choirs, and holiday themed stage presentations.

Date: Friday, December 2 to Sunday, December 18

Time: Monday – Friday 12:00 p.m. – 9:00 p.m., Saturdays and Sundays 10:00 a.m. – 9:00 p.m.

Location: The Distillery District, 55 Mill Street

For More Information: Please visit the website www.torontochristmasmarket.com or call 416-364-1177

The Artisans' Gift Fair

Every year during the holiday season, The Artisans' Gift Fair hosts a fine collection of affordable one-of-a-kind gift products that range from the contemporary to the classic favorites. Vendors gather in the heart of the annex neighborhood.

Date: December 3, 4, 10, 11, 17, or 18 | **Time:** 12:00 p.m. to 6:00 p.m.

Location: Tranzac Club, 292 Brunswick Avenue (Bloor Street & Brunswick Avenue) | **Cost:** Free

For More Information: Please visit the website www.battey-pratt.com/artisansgiftfair **no phone number provided**

Announcements

Notes from the Senior Centre and Vacation Plus

Peer Helper Meeting

Date: Monday, December 12 | **Time:** 11:00 a.m.

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Monday Lunch Bunch Volunteer Meeting

Date: Monday, December 12 | **Time:** 1:45 p.m.



Candy Cane Magic, November 19, 2011



When many of you receive this calendar, Our Special Day will be over.

The results of the proceeds for this event will be posted on the Bulletin Board at the Senior Centre and will be in the January 2012 calendar. We will list in print only the names of the companies and the Politicians who donated items for the Silent Auction.

However, the CCM Committee wishes to thank everyone for their generous donations of items for all the tables. Your many hours of volunteering helped to make this a memorable day.

I would like to extend a Special Thank You to the committee members: Anne Burton, Sheila Clarke, Linda Johnson, Anne Laing, and Jeannie Smith for their support and commitment to Candy Cane Magic 2011. Thank you also to Lois Scott and Mary Peck for their help and to our convenors, groups and all the individual members who worked so hard in preparing for our Special Event.

Dorothy Willett, Coordinator, Candy Cane Magic 2011

Note from the Senior Centre: Thank you, Linda, Jeannie and Sheila for taking such an active part in seeing that everything went off as planned during Dorothy's time of convalescence from knee surgery.

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Just a Friendly Reminder to all members

It is very important that you **sign up** for every program listed in the Events Guide that you wish to attend, whether it is free or not. Occasionally programs have to be cancelled or the event time may change, and it is our policy to contact anyone who signed up about any changes. Also, it is important to let us know if you wish to cancel a booking for any event, so that we are able to accommodate anyone who is on the Waiting List. We do appreciate your help so that your programs run smoothly.

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Vacation Plus Event Ideas

I am always looking for new and exciting trip/outing ideas. If you have any suggestions for me I would love to hear them! You can contact me by phone at 416-422-2026, or by email at

bmutch@ccey.org, or you can always let me know the next time you see me at an event. All suggestions are welcomed!

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Paid Instructor Programs at the Senior Centre

Please register as soon as possible for your paid instructor programs for the winter 2012 term so that we know if we have the required registration to cover the program costs. If you are in a class already, fill in the sign-up sheet in your class at the end of the fall term. If you are not registered in the class of your choice, please call the **Senior Centre (416-467-1166)** to register. **Most classes start the week of January 9th**. Check the January Program and Events Guide for complete information. Fees for these classes are not due until the first class. Cheques for all paid instructor programs can be put on one cheque. Thank you for your cooperation.

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Holiday Closures

Please note that the Senior Centre will be closed from Monday, December 19, 2011 and will re-open on Tuesday, January 3, 2012.



The main office at 840 Coxwell Ave will be closed on Friday, December 23, 2011, Monday, December 26, 2011, and Monday, January 2, 2012.

Thank you for another great year!
We appreciate your membership and participation.
We look forward to an eventful 2012.

*Thank
you*

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WE REMEMBER...

 Our sympathy goes to the family and friends of Betty Crowther, Norah Darroch, and Jean Williams. They will be missed. 

Program and Trip Information


Community Care East York's Senior Centre and Vacation Plus program provide a full variety of exciting programs, classes and day trips to active adults 50+. Membership is free. Fees will be charged for certain activities. Please check program descriptions for details. Participation in Community Care East York programs and services is voluntary and it is the responsibility of the participant to assume all responsibility for their participation in programs.

Payments may be made by cheque. Separate current-dated cheques must be made for each event when submitting payment for multiple events. Please make cheques payable to Community Care East York indicating the name of the program (Senior Centre or Vacation Plus) and the activity for which you are paying. All cheques can be mailed to 840 Coxwell Avenue, Suite 303, Toronto, Ontario, M4C 5T2.

The Program and Events Guide is available for pick up at the first Thursday of every month, if possible. If you cannot pick it up, it will be mailed to you the following week. Program information is available online at www.ccey.org. Registration for activities and trips can be made over the phone or you can sign up at the Senior Centre. For trips, registration begins at 9:00 a.m. on the 19th of every month, unless it falls on the weekend, then registrations will be on the following Monday. Please check program descriptions for details including locations and departure information for trips and special events. There must be a minimum of 10 passengers boarding at the Senior Centre, 1108 Greenwood Avenue in order to provide this as a pick up location. Please note that locations, start times and pick ups are subject to change. Community Care East York will ensure that this information is communicated if changes are needed. Please arrive 30 minutes prior to start or departure time for trips. For other events, it is advisable to arrive 15 minutes early. Most venues/theatres in Toronto can accommodate wheelchairs with prior notice.

Once you have signed up for a trip or outing, please send in your cheque to complete your booking. We cannot complete your booking until we receive payment. Community Care East York reserves the right to cancel your booking if we do not receive payment. Cancellation of an event booking will be accepted up to **5 business days** prior to the scheduled activity unless otherwise noted. **No refunds** will be issued for participants who do not cancel 5 business days prior to the scheduled activity or do not attend the activity. No refunds will be issued for prepaid ticketed events at anytime. If you are unable to attend a trip, you are responsible for the re-sale of your ticket.

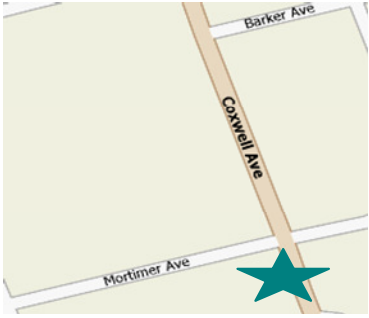
While every precaution is taken for the safety and good health of participants, Community Care East York staff, volunteers, and other partners in programming are hereby released from any liability for illness, accidents, injury or loss that may occur from participation within activities. In the event of an emergency, staff/volunteers will contact Emergency Medical Services to support the health and well being of the participant. Community Care East York is not responsible for any additional expenses that may result from such services.




Serving our community since 1971

Main Office:
840 Coxwell Ave, Suite
303, Toronto, Ontario
M4C 5T2

416-422-2026





Serving our community since 1971

Senior Centre:
1108 Greenwood Ave
(in Cosburn United
Church)
Toronto, Ontario

416-467-1166

